

Title:

Why Fruits And Vegetables Are Important!

Word Count:

304

Summary:

No single food can provide all the essential nutrients that the body needs. Therefore, it is i

8 guidelines for a healthy diet

- Enjoy your food
- Eat a variety of different foods
- Eat the right amount to be a healthy weight
- Eat plenty of foods rich in starch and fibre
- Eat plenty of fruit and vegetables
- Don't eat too...

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Article Body:

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8 guidelines for a healthy diet

- Enjoy your food
- Eat a variety of different foods
- Eat the right amount to be a healthy weight
- Eat plenty of foods rich in starch and fibre
- Eat plenty of fruit and vegetables
- Don't eat too many foods that contain a lot of fat
- Don't have sugary foods and drinks too often
- If you drink alcohol, drink sensibly

Fruit and vegetables

Fresh, frozen, dried and canned fruit and vegetables all count. Also, 100% fruit or vegetable

Choose a wide variety and aim to eat at least 5 different portions a day. A portion is approxi

We do not and can not digest cellulose. This is a carbohydrate used by plants to make their ce

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